

The Tick Checklist

Most tick bites never lead to Lyme. *Prevent what you can, check every evening, and remove any tick as soon as you find it.*

BEFORE YOU GO OUTSIDE

- Apply an EPA-registered insect repellent
- Dress in light colors so ticks are easy to spot
- Wear closed-toe shoes; tuck pants into socks on hikes
- Plan to stay in the center of trails

REPELLENT QUICK GUIDE

UNDER 2 MO No repellent. Use clothing that covers arms and legs, and netting over strollers and carriers.

2 MO & UP 10–30% DEET or picaridin, per the label. Higher DEET lasts longer but isn't more effective.

Sunscreen first, then repellent. Keep it off eyes, mouth, and young children's hands; wash off indoors. Treat clothing and shoes with 0.5% permethrin (never on skin). No oil of lemon eucalyptus under age 3.

WHEN YOU GET HOME

- Hairline and scalp
- Behind the ears and neck
- Under the arms
- Waistband and belly button
- Groin
- Behind the knees and between the toes
- Check pets, backpacks and blankets
- Shower within 2 hours; dry clothes on high 10 min

IF YOU FIND A TICK

- 1 Remove it promptly with fine-tipped tweezers, close to the skin
- 2 Pull straight up. Slow, steady, no twisting
- 3 Clean the skin with soap and water
- 4 Take a photo and note the date you found it
- 5 Watch about a month for an expanding rash, fever, fatigue, headache, or joint pain

WHY REMOVE IT FAST? Lyme is very rarely spread when a deer tick has been attached less than 48 hours, and the risk rises the longer it stays on. Some illnesses, like Powassan, can pass faster, so take off every tick as soon as you spot it.

Part of the tick stayed behind? Usually harmless. Small mouthparts work their way out on their own, like a splinter. Don't dig at the skin.



Not sure what kind of tick?
Scan for **TickSpotters**

FOR ESSENTIAL PEDIATRICS MEMBERS

Found a tick? Text or call us.

Send a photo and tell us when your child was outdoors, and we'll help you decide what's next. Members reach their child's physician directly, so a quick question never has to wait.

Pediatric care that actually has time for your child.

ESSENTIAL PEDIATRICS

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